

Lesson 26



Area: Apologize

Title: **Forgiveness: A Gift to Yourself**

Objective: Students will learn how to forgive.

Materials: “7 Ways To Be Forgiving” (Optional: Print onto a transparency sheet and display on the overhead)
Journal
Writing Utensils
Board or Overhead

Activity:

1. Before students arrive, place transparency “7 ways to be forgiving” on the overhead, or copy it onto the board.
2. Use scraps of paper to cover everything but the first letter. (i.e. leave “F” visible, but cover “...ace what happened...”)
3. Explain to students that it is important to be able to forgive and that there are 7 positive ways to forgive someone.
4. Read the paragraph for “Face what happened”, then uncover and have students write this in their journals. Repeat this for the other 6 letters, doing them one at a time.

Closure: In their journals, have students write down the name of a person they need to forgive. Why do they need to forgive this person and how could they do this?

7 Ways To Be Forgiving

F	Face what happened. Let your feelings out. Cry. Kick a can. Write or draw about it
O	Open up your heart and give the person who has hurt you a chance to explain. It's possible she or he didn't mean to hurt you.
R	Report what happened. Tell the person who hurt you how you feel.
G	Get help from a trusted adult.
I	Imagine how the other person might feel.
V	Value the other person. Try to see what is good in the other person. Then do something nice for him or her, if you can. This is hardest part, but it will make you stronger.
E	Erase what happened from mind. Forget it. Only remember what you learned.